

Elayne Chou, Ph.D.

Career Counseling & Coaching Services

CLIENT TESTIMONIALS

"You have really helped me. Our discussion has become a catalyst for growth/change for me."

"Dr. Chou had some great hints and tips for interviews. She was also able to identify some great "next steps" for me to take."

"She listened to what I had to say and used her experience and skills to comprehensively address my questions. Overall a very productive session."

"She's warm, easy to talk to, and very intuitive. I highly recommend Dr. Elayne Chou as a career counselor!"



Providing support, guidance, encouragement, and trusted advice to those in career transition is my passion. Many people find that even one session can provide them with lasting solutions.

ABOUT CAREER COACHING

Change in coaching is the process of moving from being uncertain and having doubts about oneself to becoming confident enough to make personal and situational changes. This is accomplished through talking first and then implementing what is discussed.

In our session:

- I may ask, "What works now? How can you do more of that?"
- I will add creative thinking to your problem solving process.
- We will focus on your strengths and how to maximize their advantage.
- I will ask questions to help you understand what you want to do.
- I will gently nudge you toward doing more of what you want to do.
- You will leave with next action steps.

ABOUT ME

During the past 10 years, Dr. Chou has helped hundreds of individuals assess their strengths and leadership potential using individual personality and career development assessments. Drawing on her expertise in diversity in the workplace, Dr. Chou enjoys coaching professionals as they progress in their global careers. She has worked with organizations in sectors ranging from government to higher education, healthcare, and non-profit.

Dr. Chou has been a postdoctoral fellow at UC-Berkeley; a visiting scholar at Renmin University in Beijing, China; a lecturer at UC-Irvine and The Ohio State University; and has held adjunct faculty positions at San Francisco State University, The Wright Institute, and Diablo Valley College. She is a member of the American Psychological Association, the Asian American Psychological Association, and the National Career Development Association, and serves on the board of PACT.

Dr. Chou holds a B.A. degree in psychology from the University of Michigan and a Ph.D. in counseling psychology from The Ohio State University.

Fact Sheet

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